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Address to the Graduating Class in Public Health Nursing, Dalhousie University

By EUNICE DYKE
Director Division of Public Health Nursing, Dept. of Public Health, Toronto

Introductory.—It is a very great pleasure to share in the celebration of this important event in the history of nursing in Canada. As acting chairman of the public health section of the Canadian National Association of Trained Nurses, I shall try to speak for the public health nurses of Canada to this graduating class and their friends.

Nova Scotia has taken a leading part in the development of the nursing history of Canada. Letters received simultaneously by the National Council of Women from Nova Scotia, represented by Mrs. Dennis, and from British Columbia, represented by Miss McAuley, resulted in the establishment of the Victorian Order with its years of magnificent service to the sick. As we pass into a new phase brought about by the development of preventive medicine, we find the far East and the far West again in the lead. Dalhousie and the University of British Columbia were the first Canadian universities to undertake the preparation of a new type of public health nurse to meet the new opportunities for service. But to Nova Scotia belongs the credit of graduating the first

MEDICAL FACULTY
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class of public health nurses. To one of Nova Scotia's daughters has fallen the task of organizing the Department of Public Health nursing in Toronto University. The year 1921 will find us with Departments of Public Health Nursing established in connection with four Universities—Dalhousie, McGill, Toronto, and British Columbia. Leadership in public health nursing falls upon these graduates, and theirs is the task of building a better future upon the foundations of the past.

The visiting nurses of the past have helped the private physician in his care of the sick. From the lessons taught by sickness, those nurses are telling us to concentrate our efforts upon the prevention of sickness. They remind us of the vision of the "health nurse" held by Florence Nightingale while she herself organized the hospital training schools which should lay the foundations for a wider training. They remind us that Florence Nightingale pointed us to the greater task of preaching the gospel of health to the mothers in the homes, to the teachers in the schools, and, by pressure of public opinion, to governments. Her writings are full of references to the future "health nurse" who should supplement the work of the "sick nurse."

"In the future, which I shall not see, for I am old, may a better way be opened! May the methods by which every infant, every human being, will have the best chance of health, be learned and practised." "May we hope that the day will come when every mother will become a health nurse." "May we hope that when we are all dead and gone, leaders will arise who have been personally experienced in the hard, practical work, the difficulties and the joys of organizing nursing reforms, and who will lead far beyond anything we have done! High hopes which will not be deceived!"

The superintendents of our hospital training schools in Canada have been true to the vision of Florence Nightingale, and, in the midst of the pressure of hospital administration and the demands made upon their students for the care of the sick, have steadily introduced a type of training which would prepare their graduates to teach health. The Victorian Order of Nurses also, while meeting the first insistent demands for visiting nurses to help the physician in his work among the sick, or to help the sick where no physician was to be found, have been urging the need for still another type of service. As the physician of the past has found a place in the community for the "sick nurse," so the medical officer of health is demanding that "health nurses" should be provided.

The public health nurse of to-day does not wish to cease to be identified with other branches of the nursing profession—in fact she cannot, and still serve her community as she should. The public health nurse is the product, first of all, of the hospital training school and if, from her wider experience, she has gained new vision, she will carry it back to the training school and so modify the methods of teaching the public health nurses of the future. The superintendents of those schools have already recognized that their graduates are not fully qual-

ified to meet the demands made upon them by medical officers of health and have applied to the universities for supplementary training. Some of the leaders in nurse education prophesy that the training schools must become preparatory schools from which certain of the students will graduate into the university courses of the future. If the nursing profession of Canada is to be the power for health that its supporters wish it to be, our public health nurses must join with the superintendents of the hospital schools in solving the problems of nurse education. The first step is to discover, if we can, what our duties are to be and to interpret the needs of the community, as we see it, to the superintendents of our local hospitals. Unless we tell them, they cannot know what we are doing and the problems we are facing, and so cannot train the recruits we need.

The special work of the public health nurse is helping others to help themselves. In a conference upon the visiting nurse as a health teacher, at our last annual convention, one of the nurses expressed this point of view when she said the best mothers she met in the homes she visited were those whose children were clean and orderly, even when the mother was sick in bed and unable to guide them.

It is sometimes difficult for the hospital graduate to develop new habits of thought. In the training school she has been taught to give bedside care and, while the need and the opportunity to do so come to her frequently in the homes, the real purpose of her work is to teach health habits and make her people independent of her. The young public health nurse finds difficulty in recording her work unless it happens to be actual bedside care. The less tangible service lacks significance to her. For this reason, we are asking the last group of students, who have come to our Toronto department for field work, to report fully upon each home visit—the reason for making the visit, the results which have been accomplished by the visit or the reason for failure, and the subsequent work to be done.

The relationship of the public health nurse to her community depends largely upon the immediate needs of the community she serves. It is usually wise to meet the need of which the community is already conscious, and to lead from that to perhaps greater needs not already understood. But, whatever the immediate task may be, the attitude of mind of the public health nurse is always the same. It was said of Florence Nightingale that she had an energizing influence on others, and it may be said also of every successful public health nurse. Of a promising public health nurse her superintendent reported: "She organizes the resources of her district to solve its own problems."

The public health nurse sees not weakness, but potential strength if only obstacles may be removed. The obstacle may be sickness, ignorance, faulty habits, poverty, unemployment, poor environment, or lack of vision. The person with whom she is concerned may be a patient, the father or mother in a home, a school teacher, a policeman, a social

worker, a physician, or a city alderman, but her objective is a healthy community.

We have said that the public health nurse's task is helping people to help themselves, that she must have an energizing influence upon others, and we may add that the spirit of her work must be the spirit of team play. Team play means forgetting oneself in the game, it means doing nothing that another can do better, and it means loyalty to a leader.

For absolute abandon to a game and unself-consciousness, we must look to childhood—and children grow. The grown-up who preserves that spirit of childhood is the one who develops unforeseen capacities. Perhaps this is the reason that we find nurses of average personality and training giving magnificent service in their communities.

Finding one's place in the health programme, and leaving to other workers the tasks that they are better fitted to carry, is one of the most perplexing problems of the public health nurse. Adjustments are probably different in every community.

The recognized leaders in the health campaign are the medical officers of health, and, when a full time officer of health is lacking, the first task of the public health nurse should be to demonstrate the need for his appointment. You don't want me to talk about the rare medical officer who does not recognize the opportunities for leadership. He is usually a temporary trial, or perhaps all he needs is the loyal support of a better public health nurse.

We have referred to the past that has demonstrated the need for the public health nurse of to-day, and have mentioned a few of the things which might be said about her present task. May I be permitted to forecast the leading part which, I believe, Canadian nurses will take in the development of the public health nursing profession.

The first bulletin of the League of Red Cross Societies contains an article by the Director of Nursing Services on the "International Mind in Nursing." She states that sickness and health are international and that the profession of nursing is becoming increasingly international in spirit. The work of the Red Cross since the war has ignored national boundaries. We think with pleasure of the sustained interest taken by our friends of New England in the war-time disaster of Nova Scotia. A party of Canadian nurses leave this week for Roumania at the request of the Queen. Many Canadian nurses have received their training in the United States, and Canada has paid the debt by leaving not a few of them in positions of leadership in that country. Nineteen national Red Cross Societies are sending experienced public health nurses to London in order that they may widen their vision by an inter-exchange of experience. But the best citizen is the one who is the most loyal to his family, and perhaps Canada will have most to contribute to the development of international public health nursing if we develop the

work carried on within our own boundaries, along the lines of our national temperament.

Public health administrators everywhere look forward to the day when the state will accept responsibility for the health of the nation. But they fear lack of vision on the part of the leaders and wonder whether a clean administration is possible. Voluntary agencies still maintain control, fearing to delegate it to the proper leaders, or finding them unwilling to assume leadership. The leaders in public health nursing in many other countries are rarely found in the public departments. Notable exceptions might be mentioned, but the fear is expressed everywhere that "politics" would prevent the maintenance or development of standards.

Glancing over the Canadian situation as it is to-day, I believe that we may have courage to undertake, without further intermediate steps, the policy which is recognized to be the ideal. Since our municipal, provincial and federal officers of health are the recognized leaders for the health services of Canada, let us give them our best public health nurses and ask the voluntary agencies to employ only a sufficient number to do those things which the public departments find themselves unable to do. Our national temperament, which places confidence in its public departments, has already carried us far ahead in this policy.

We cannot be blind to the dangers of political influence in appointments, but the nurses themselves can be powerful in building a tradition which will safeguard our standards.

Up to the present, I have not heard of any public health nurse appointed by a medical officer of health in Canada as the result of political influence. If we continue to recognize only professional leadership, hold closely to our professional nursing organizations for support in maintaining standards of nurse training and refrain from using political influence to our own advantage, we can do much. Every public health nurse who uses political influence to her own advantage will help to undermine the future of our public service. Perhaps the day may come when we must ask the Red Cross or other voluntary agencies to help us overcome situations created by medical officers or public health nurses who "play politics," but I hope we may never be compelled to take the task of organizing the health forces of our Canadian cities and counties out of the hands of the public departments.

A complete demonstration of a municipal public health nursing service has never yet been made. May I be permitted to say that one of the most complete is in Toronto. Canada may lead in demonstrating what can be accomplished under the leadership of public departments (if its public health nurses have the courage to meet the opportunities of to-day). A discussion of the advantages from the point of view of organization and therefore of influence upon the death rate, is not desirable here, but I wish to mention one result which we are learning recently to appreciate in Toronto.

In these days of industrial unrest and of change, we must hold fast, every one of us, to our faith in our democratic institutions. The average man or woman does not comprehend the thing which is impersonal, and the City Hall and Parliament Buildings may be impersonal things. As long as government is impersonal, he is indifferent to it, fears it or defies it; the tax rate is meaningless, or he evades it.

The dignified City Hall may be a needless extravagance from the point of view of the careful taxpayer until the day comes when he shakes hands there with the Prince of Wales. The chances are that he will then object to the shabby carpets of the hostess house of his city. A time of crisis comes in his family, and the city nurse, who adds to the burden of taxes, is able to advise and help in matters of life and death concerning those he loves. A gleam of light comes to him as to the meaning of city government which could not have come from miles of good roads. The nurse might possibly have given equally good service from the point of view of health had she been employed by a voluntary agency, but could she have taught him the same lessons in citizenship? A recent editorial referred to the health department as the civic mother. When the City Hall has won even a small right to that title for the helpless, the ignorant or the wilful, we need not fear for the stability of our forms of government. Even the most undisciplined will recognize responsibility to such a government. Without an understanding of government, as represented by the City Hall, we cannot expect an understanding of our provincial or federal institutions—and understanding, with most of us, follows rather than precedes faith and affection.

The public health nurse of the future may provide the personal interpretation of government which alone carries understanding to the majority of our taxpayers.

In conclusion, may I say that it is a wonderful thing to be a public health nurse in Canada and that we look forward to a better day, because the training schools, the Red Cross and the universities are striving together to add to the number and the efficiency of our public health nurses.

Silence is a great peacemaker.—LONGFELLOW.

"Visit whom, when and where you will; *but let your visits be those of women to women.* Consider to whom you go—to poor souls whose life, compared with yours, is one long malaise of body and soul, and spirit—and do as you would be done by; instead of reproving and fault-finding, encourage, in Heaven's name, *encourage.*"

CHARLES KINGSLEY.

Lectures on The History of Nursing

WITH DESCRIPTIVE LIST OF LANTERN-SLIDES

By MAUDE E. SEYMOUR ABBOTT, B.A., M.D.,
Curator of the Medical Museum, McGill University

(Continued from Last Month)

LECTURE VIII.

THE LIFE OF FLORENCE NIGHTINGALE, AND THE BIRTH OF NURSING AS A PROFESSION. THE ORIGIN OF THE RED CROSS MOVEMENT.

AUTHORITIES CONSULTED: The Life of Florence Nightingale, by Sir Edward Cook, Vols. I. and II., MacMillan & Co., London, 1913; History of Nursing, by Nutting and Dock, Vol. II., pages 101 to 286, and 312 to 325; Florence Nightingale as Seen in Her Portraits, by Maude E. Seymour Abbott, fifteen illustrations. Reprinted from the Boston Medical and Surgical Journal, September 14th, 21st and 28th, 1916. Full bibliographies of all the important writings by and about Miss Nightingale are given in all three books. See also The Life of Florence Nightingale, by Susan Tooley; Eminent Victorians, by Strachey.

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REMARKS: The life of Florence Nightingale, rightly understood, forms a source of inspiration to the nursing profession that cannot be under-estimated, and that dare not be neglected by any nurse who respects and reverences her vocation. A fragmentary statement, such as is given below, is not sufficient to serve as a means of gleaning the motive force to an ideal standard which this great biography is able to impart. No true nurse should rest satisfied until she has mastered the main facts of her life at first hand by personal study. For this purpose the reader is referred in the first place to the great "Life of Florence Nightingale," by Sir Edward Cook, or to the shorter accounts given in the other books quoted above.

BIOGRAPHICAL SUMMARY: Florence Nightingale was born in Florence, Italy, in the year 1820. She was the child of wealthy English parents, and was brought up in their cultured winter and summer homes in Derbyshire and Sussex. As a child she was passionately fond of animals, and early showed her altruistic and religious tendencies. With her only sister she was highly educated by her father, and at the age of seventeen was given the best advantages of foreign study and travel. A sense of vocation for the care of the sick poor came to her on her return to England from Europe at this time, and she struggled for many years to reconcile her desire to devote herself to their care, with her own feeling of domestic duty and with the determined opposition made by her

parents and sister, to any deviation on her part from the domestic routine or to her leaving the shelter of her home. In an effort to divert her from her purpose, they sent her to Rome in the winter of 1846 and to travel in Greece and Egypt the following year. But she did not weaken in her desire, and always took advantage of every opportunity that came to her abroad to visit and study the nursing sisterhoods in the countries to which she travelled. At last, in 1851, she was permitted to go to Kaiserwerth for three months' study under Pastor Fliedner and Frederika, his wife. In February, 1853, she studied a short time at the Soeurs de la Providence in Paris, and in July, 1853, she was given charge of the sick Governesses' Home on Harley Street, London, and was there at the outbreak of the Crimean War. In August, 1854, the account of the sufferings among the soldiers wounded in the Crimea, as reported by Lord Howard Russell in the "London Times," roused a storm of public indignation, and she was invited by Lord Sydney Herbert, Minister at War, to assume charge of a nursing expedition to the Seat of War. This invitation crossed a letter from her to him offering her services for the same post. She sailed with a staff of 38 nurses five days after she had received the order placing her in charge of the work, and arrived at Scutari on November 8th, 1854, the day after the Battle of Inkermann, and nine days after the Battle of Balaklava. She had charge of the three great hospitals at Scutari and Koulali, and of the Hut Hospitals across the Black Sea in the Crimea, at the Seat of War. She remained at Scutari until March, 1855, and worked reforms there which reduced the death rate from 75 per cent. to three per cent. Crossing the Black Sea to the Crimea in the Spring of 1855, her indefatigable exertions there broke her down and she nearly died of Crimean fever. In 1855 a meeting held in London in her honour resulted in the formation of the Nightingale Fund for the establishment of a training school for nurses to the amount of £40,000. She remained in the Crimea until after the Treaty of Peace was signed, and returned to England in August, 1856.

Immediately on her return she set to work to make permanent the reforms she had instituted in the Crimea by obtaining the establishment of Sanitary Commissions to enquire into all the abuses that had existed there, and to recommend the necessary steps for their prevention, and this was the starting point for widespread reforms in the sanitation of the British soldier in peace as well as in war, and is for posterity an even greater work than that which she accomplished in the Crimean crisis. In everything she was ably supported by Lord Sydney Herbert, her constant friend and ally. He died in 1861, five years after her return from the Crimea. A few months after her return, Miss Nightingale became permanently invalided owing to the incessant work that was forced upon her immediately following her over-exertion in the Crimea. But she shielded herself from outside calls, and, although from now on confined to an invalid chamber, she still preserved sufficient strength to carry through enormous activities of organization and literary and political achievement,

the results of which are beyond calculation in their benefit upon the present generation.

The most important activities of Miss Nightingale's life, after the death of Lord Sydney Herbert, were the organization of the Training School for Nurses at St. Thomas Hospital, the improved sanitation of India, and the development of the Red Cross movement. In the latter she took a leading part. Although the direct initiative in the organization of this Society, which places the sick and wounded on a plane of International neutrality, was taken in the year 1863 by the Swiss, Henri Dunant, he never failed to give Miss Nightingale the credit for the inspiration of the work, and throughout her life she was the recipient of repeated tributes from the Red Cross Society emphasizing this fact.

In 1872 she withdrew from active life and devoted herself entirely to the development of the St. Thomas's Training School for Nurses, which was founded with the £40,000 given to her by the British public in 1856. The Nightingale nurses, like the Kaiserwerth deaconesses, were sent far and wide, and laid the foundations of our modern training schools to-day. On this Continent the Blockley Hospital at Philadelphia, the Montreal General Hospital, and Bellevue at New York, are Nightingale Schools. Florence Nightingale died in 1910, three years after the Freedom of the City of London had been conferred upon her.

The literary and philosophic activities of her life must not be passed over. She wrote and published voluminously and was in correspondence with the best intellects of her day, and she is to be ranked among the great writers of the nineteenth century.

Slide 140—Leahurst, Derbyshire, Mr. Nightingale's winter home. It was part of a large estate, and Mrs Nightingale, with her two daughters were much occupied in the care of the peasantry upon it.

Slide 141—Embley Park, Hampshire, the summer home of the Nightingale family, surrounded by beautiful gardens. Miss Nightingale's diaries are full of descriptions of the scenery, life and happiness of her early days here.

Slide 142—Mr. Nightingale.

Slide 143—Mrs. Nightingale and her daughters in 1828. Parthenope, the elder, wears a bonnet. Florence, aged eight, stands by her mother's knee.

From a portrait in the possession of Mrs. Cunliffe, and reproduced in Sir E. Cook's "Life of Florence Nightingale."

Slide 144—Florence Nightingale and the injured collie dog, whose paw was broken, and who had been given up as hopeless and to be hanged at sundown. Florence (a child of twelve) sat all day beside him and fomented the paw, by the advice of the Vicar, so that in the evening it was so far improved that his life was spared.

Slide 145—Florence Nightingale as a girl. From a drawing by Sir Hilary Bonham Carter.

Slide 146—Miss Nightingale at twenty-four. From a drawing by H. M. B. C., published November 28, 1854.

Slide 147—Miss Nightingale, about 1849. From a drawing by her sister, Lady Verney. The pet owl that she brought home from Greece is seen by her side.

Slide 148—The fishwives at Boulogne, carrying the luggage of Miss Nightingale's nursing party across the town, in joy at their arrival on their way to the Crimea in October, 1854.

Slide 149—Miss Nightingale on a portico at Scutari, overlooking the Bosphorus, with the minarets of Constantinople seen in the distance. She is seen in the dress of the pre-Crimean days. From an Albion print (not a true portrait).

Slide 150—Map showing the Crimean Peninsula (upper right hand corner), with the battlefields of Alma, Balaklava, Inkerman and Sebastepol, and the Black Sea, on the opposite side of which (lower left hand corner) is seen the Peninsula, where Scutari is located, across the Straits of the Bosphorus from Constantinople.

Slide 151—The great Barrack Hospital at Scutari, which contained 2,000 patients and four miles of beds, 18 inches apart. It was to this hospital Miss Nightingale came on her arrival, and here she worked her great hygienic reforms. She and her nursing staff occupied one of the turrets.

Slide 152—A ward in the Barrack Hospital at Scutari after the overcrowding had been reduced. Miss Nightingale is seen in a black dress, without cap, disputing with a medical attendant. A nurse in the Nightingale costume bends over one of the beds.

Slide 153—A scene from the Receiving Department of the Scutari Hospital. A wounded soldier lies on a stretcher, and a nurse, seated on the ground beside him, gives him a drink. Miss Nightingale gives instructions. Near by stands a Roman Catholic Sister, a medical officer, a Turkish attendant, and others. From the Illustrated London News of the time.

Slide 154—A scene from a ward in the Barrack Hospital, showing a medical officer, of extremely hide-bound type, putting the arm of a patient in a splint. Miss Nightingale stands by and instructs the nurse, who brings nourishment, to await the doctor's permission before giving it to the patient. From an old engraving.

Slide 155—Miss Nightingale in the hospital at Scutari. The celebrated picture of the "Lady with the Lamp," from which Longfellow's poem was drawn. The crowded beds, 18 inches apart, are well seen, and a soldier rising from his pillow to kiss her shadow as it falls. From the Illustrated London News of the time.

Slide 156—Another picture of the "Lady with the Lamp." Note the crowded ward, and the soldier in the back ground raising his head to watch for her appearance.

Slide 157—Santa Filomena (four verses of Longfellow's poem).

Slide 158—Miss Nightingale receiving a letter dictated by a dying soldier. A nurse stands near begging her to retire, but she refuses. It was this work of hers, especially the sending of letters to the homes of dead and dying soldiers, that won her the undying love of England.

Slide 159—Harbour of Balaclava (showing loading of transports).

Slide 160—The Nightingale carriage, made by the soldiers to convey her through her rounds among the hut hospitals of the Crimea, when she crossed the Black Sea to take charge of these in the Spring of 1855. This carriage is now preserved at Claydon as part of the Nightingale Museum.

Slide 161—Miss Nightingale, with Mr. Bracebridge, visiting the soldiers' burying-ground in the Crimea after the close of the War. From a sketch by her sister, Lady Verney.

Slide 162—Miss Nightingale, after her return from the Crimea. The best

portrait extant. Shows the character, sympathy and experience won in the Crimean struggle.

Slide 163—Miss Nightingale, after her return from the Crimea (about 1856). Taken at a time of great stress, the physical strain of what she had gone through, as well as the suffering she had seen, shows in her face.

Slide 164—Miss Nightingale in 1858.

Slide 165—Statue of Miss Nightingale in the Nurses' Home at the Johns Hopkins Hospital. The figure of a relatively young woman holding a lamp.

Slide 166—Bust of Miss Nightingale at Claydon.

Slide 167—The Derby Memorial Statue (one of the most recently erected). "Fiat Lux" is written on the arch above, and she carries a lamp in her hand. On the pedestal below her feet is the bas-relief of her pet owl, which she brought back to England from her visit to Greece in her girlhood.

Slide 168—Figure of Miss Nightingale. From the Derby Memorial Statue.

Slide 169—Bas-relief from St. Paul's Cathedral, Florence Nightingale caring for a wounded soldier.

Slide 170—The Crimean Monument in Trafalgar Square, London, erected just after the close of the War, with the dual statues of Miss Nightingale and Lord Herbert, recently erected, one on either side of it. Unveiled in March, 1914, just before the outbreak of the Great War.

Slide 171—Panel from the Nightingale Monument in the Crimean Group in Slide 176.

Slide 172—Lord Sydney Herbert, Minister of War, the friend and supporter of Miss Nightingale and co-reformer with her throughout the Crimean episode.

Slide 173—Florence Nightingale's medals and decorations.

Slide 174—Florence Nightingale in 1887. From a picture by Sir William Richmond, at Claydon.

Slide 175—A ward in St. Thomas' Hospital, where the Nightingale Training School was placed. One of the old-time nurses in the foreground, and several nurses, with a medical officer, behind.

Slide 176—Florence Nightingale surrounded by a group of probationers at St. Thomas Hospital (in her later years).

Slide 177—Sairey Gamp and Betsey Prig prepare their patient for a journey. Illustrating one of the scenes in Dickens' "Martin Chuzzlewitt," in which he held up to the British public the abuses practised by the vicious old women, in whose hands most of the private nursing lay, before Miss Nightingale's time.

Slide 178—The Nightingale Nurses' Home, erected in 1872. In this year Miss Nightingale gave up other active work and devoted herself entirely to the interests of her training school and of her nurses.

Slides 179 and 180—This is a copy of a letter from Florence Nightingale to Dr. G. W. Campbell, Dean of Medical Faculty of McGill University, dated April 11th, 1876, referring to Miss Machin, the first Lady Superintendent of the Montreal General Hospital, who was a Nightingale Nurse:

April 11, 1876.

"Dear Sir:—

I regret very deeply to lose this opportunity of making your acquaintance, and of hearing news, from your own lips, of future prospects of Montreal General Hospital, in which I am so much interested, and of my dear friend, Miss Machin.

But, alas, for me it is not possible in my state of increasing bodily weakness, at a time of year when the over-pressure of business is particularly heavy, to see you at such short notice on any day you offer me.

But I did not lose a moment, after receiving yours, in sending to my cousin, Mr. Hilary Bonham Carter, the Secretary of our Training Schools, and Miss Machin's friend, who has doubtless written before this, and who is as anxious as I am for news of Montreal. (Excuse my pencil writing.)

I trust that this trip to England will entirely set up your health; and am only sorry not to profit by your presence on this side of the water, as I should so have wished myself.

Pray believe me, dear Sir,

Yours most faithfully,

FLORENCE NIGHTINGALE."

Slide 181, 182—Letter to a Canadian Nurse, Miss Scovil. Dr. Campbell.

Slide 183—Florence Nightingale in her home, at South Street, at the age of eighty-six. To this room her nurses used to come, and it was a refuge and a place of counsel and inspiration to them.

Slide 184—Florence Nightingale in 1907, the year in which the Freedom of the City of London and the King's Order of Merit was conferred on her, and three years before her death.

Slide 185—The bier of Florence Nightingale, carried to her grave by Crimean veterans, 1910. From the London Graphic.

Slide 186—Anglican Church, near Embley, where Miss Nightingale worshipped.

Slide 187—Her tombstone in the churchyard at Embley, which bears only a cross and the letters, F. N., of her name. On the other side inscriptions to her parents. Her executors refused burial for her in Westminster Abbey.

Slide 188—Chart with Florence Nightingale in the centre and twelve circles showing scope of interests (by Miss Isabel Stewart).

Slide 189—Map of the world, showing widespread influence (by Miss Stewart).

Slide 190—Chart showing development of modern nursing (by Miss Stewart)

(To Be Continued)

APPEAL TO MEMBERS OF AFFILIATED ASSOCIATIONS

The following appeal has come to us for workers:

"Dr. O. R. Avison is making an appeal for doctors and nurses to go to Korea. Dr. Florence Murray, of P. E. Island, has responded to the call, and her support will be undertaken by Zion Church, Charlottetown, P. E. I. A nurse is wanted to go with her, and her support also will be undertaken by Zion Church. Further information can be obtained from Rev. A. E. Armstrong, 439 Confederation Life Building, Toronto, or from Mrs. Hugh MacKenzie, 24 Selby Street, Toronto."

We trust that the call may be answered by some Canadian nurse.

(Signed) E. MacP. Dickson,
President.

Canadian Red Cross Advisory and Consultative Committee Meeting

Representatives of the Canadian Red Cross, of its provincial branches, departments of health, and of organizations interested in public health, met in Ottawa Oct. 21st, 1920. They constitute what is called the Canadian Red Cross Advisory and Consultative Committee, which met first in May, 1920, and has for its object the co-operation of the nationally-organized and voluntary bodies engaged in the promotion of public health. The meeting was held for the purpose of reporting progress since the original meeting, and to plan for the future. Dr. J. W. Robertson, C.M.G., chairman of the committee, presided. The following were present:—

Canadian Red Cross Society—Dr. J. W. Robertson, C.M.G.; Dr. J. G. Fitzgerald, secretary, Toronto; Mrs. H. P. Plumtre; Dr. Ruggles George, Toronto; Mr. S. B. McCready, Prince Edward Island; Judge Hassard and Mr. Theodore Ross, New Brunswick; Mr. R. T. Hayes and Mr. C. B. Allen, Quebec; Mr. G. H. Duggan and Major J. F. Buckley, Ontario; Dr. Geo. G. Nasmith, Saskatchewan; Mr. W. F. Kerr, Alberta; Mrs. C. B. Waagen, British Columbia; Mrs. Harold Fleming, Dominion Department of Health, Dr. John Amyot. Provincial Departments of Health: New Brunswick, Dr. G. G. Melvin; Quebec, Hon. Henri Beland, M.P.; Ontario, Miss Mary Power; British Columbia, Dr. H. E. Young.

St. John Ambulance Association — Col. D. T. Irwin, Dr. C. A. Hodgette.

St. John's Ambulance Brigade—Mrs. J. A. Henderson, Dr. C. J. Copp.

Victorian Order of Nurses—Mrs. J. Charlotte Hanington.

Canadian Association for Prevention of Tuberculosis—Dr. George D. Porter.

Canadian National Council for Combating Venereal Diseases — Dr. Gordon Bates.

Canadian National Committee for Mental Hygiene — Dr. C. M. Hincks.

Canadian Public Health Association—Dr. R. E. Defreis.

Canadian National Association of Trained Nurses—Miss E. MacPherson Dickson.

Canadian Association of Nursing Education—Miss Grace Fairley, Hamilton.

Women's Institute—Mrs. Wm. Todd.

Short reports were made on behalf of each organization represented, with the understanding that supplementary statements might be sent in at a later date for publication. Miss Dickson, representing the

Canadian National Association of Trained Nurses, stated that the reports given throughout the day indicated that the nurses, to a large extent, constituted the working force of the health activities of our country and that the nurses were glad of this opportunity for national service. She also stated that the association had a strong standing committee on National Nursing Service, which had done much to stimulate interest and to encourage the nurses in engaging in this line of service, and that several of the Alumnae associations had provided scholarships to enable nurses to take advantage of the Post Graduate Courses in Public Health Nursing which were now available in Canada largely through the efforts of the Red Cross.

The following resolution was moved by Miss Dickson, seconded by Dr. Young, B. C.:

"WHEREAS there is great dearth of both trained and untrained nurses for the care of the sick and for public health work in the Dominion of Canada;

"AND WHEREAS there is an increasingly grave shortage of applicants to nurse training schools all over the continent;

"AND WHEREAS it may, in the very near future, become necessary for many of our hospitals to close their doors to patients because of lack of nursing staff:

"BE IT RESOLVED that this Advisory Committee do recommend to the Canadian Red Cross Society that some campaign be launched in an endeavour to bring before our young women this crying need of Canada, and to recruit students for our nurse training schools."

Carried.

This resolution was spoken to most forcefully by Miss Fairley and Mrs. Hannington.

A resolution was presented favouring the formation of a committee to consider the best means of collecting general information in regard to health work, which it was proposed should be presented to the public in a semi-popular style and in such a way that the publication might not in any way supplant existing publications. The nurse representatives on this committee are Mrs. Hannington, Miss Dickson, and Miss Fairley.

BE TRUE

This above all things, to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.

The sweetest music is not in oratorios, but in the human voice when it speaks from its instant life tones of tenderness, truth, and courage.

EMERSON.

Gates and Doors

By Joyce Kilmer

(Killed in action in the service of the United States.)

There was a gentle hostler
(And blessed be his name!)
He opened up the stable
That night Our Lady came.
Our Lady and St. Joseph,
He gave them food and bed,
And Jesus Christ has given him
A glory round his head.

So let the gate swing open,
However poor the yard,
Lest weary people visit you
And find their passage barred.
Unlatch the door at midnight,
And let your lantern's glow
Shine out to guide the traveller's feet
To you across the snow.

There was a courteous hostler
(He is in Heaven to-night)
He held Our Lady's bridle
And helped her to alight.
He spread clean straw before her,
Whereon she might lie down,
And Jesus Christ has given him
An everlasting crown.

Unlock the door this evening,
And let your gate swing wide,
Let all who ask for shelter
Come speedily inside.
What if your yard be narrow?
What if your house be small?
There is a Guest whose coming
Will glorify it all.

There was a joyous hostler
Who knelt on Christmas morn
Beside the radiant manger
Wherein his Lord was born.

His heart was full of laughter,
His soul was full of bliss
When Jesus, on His Mother's lap,
Gave him His hand to kiss.

Unbar your heart this evening
And keep no stranger out,
Take from your soul's great portal
The barrier of doubt.
To humble folk and weary
Give hearty welcoming,
Your breast shall be to-morrow
The cradle of a King.

THE CHRIST.

As when a soft light slowly tops the rim
Of erstwhile darkened earth, and we may scan
The greater glories in the distance—dim—
So came this Son of Man!

No pompous notes resounded thro' the air,
But three Wise Men to do Him homage came;
No kingly crown did any seem to bear—
Full-flashing jewelled flame!

Armed with a mighty love beyond our ken,
His Father's seal of Duty as His right,
Fearless He taught His faith to erring men,
Lifting thro' sin to light!

Touching the weak lids veiling sightless eyes,
He speaks large words of comfort, and there glow
From them keen lights—because of dumb surprise—
As glance off virgin snow!

All those in body and in spirit sore
Come praying Him they may again be whole;
He gives all such, as even they implore,
New body and new soul.

He lived for love, proving his own indeed;
Showed life for others was a gain, not loss;
Living, He was the symbol of His creed,
Dying, of Calvary's Cross!

ERIC ROSS GOULDING.

Child Welfare Conference

At the call of the Division of Child Welfare of the Federal Department of Health, a conference on child welfare was held in Ottawa, Ont., on Oct. 19th and 20th. Registration revealed the presence of 182 persons, representing 114 organizations interested in child welfare. Every province was represented. On the first day little was accomplished in general meeting, as it was quite evident that the 114 organizations had very dissimilar ideas as to what constituted "child welfare" work. If nothing more had been accomplished than the presentation of the various narrow fields of endeavour in which so many organizations were working independently of one another, thus demonstrating the illimitable scope of child welfare, in its broadest sense, such a conference might be deemed of value. One delegate was heard to say: "The keynote of this conference seems to be, in my opinion"—and while those who stood to listen and not to speak (for the room was at all times over crowded) sympathized with her; they could not help but feel that unconsciously all must be drawn a little closer in this big work which cannot be done independently.

Dr. Amyot, Deputy Minister of Health, presided at these meetings and explained the relations which might arise between voluntary organizations and the department. Owing to legislation governing the latter, affiliation with the department was impossible. He recommended the formation of a National Council of Child Welfare and explained the limitations of government departments and the great strength and value of such a voluntary council, acting as an auxiliary but not attached to the Government. A sub-committee was then appointed to draft a constitution for such a council. The nurse representatives on this council were Mrs. J. Charlotte Hannington and Miss E. MacP. Dickson. Following the presentation of the report of the sub-committee, the name "The Canadian Council of Child Welfare" was adopted. The objects as set forth were: "To co-operate with the Child Welfare Division of the Dept. of Health; to prepare and disseminate information on child welfare work; to recommend a programme of child welfare work in Canada." Any nationally organized bodies interested in child welfare work are to be represented on the council (one representative). Any Provincial organization unifying the child welfare agencies of the province are to be represented on the council (four representatives). The officers are to be: a President, Vice-President, Secretary and Treasurer; the Executive to consist of the officers and ten others to be elected by the council. A provisional Executive was appointed as follows: President, Mrs. William Todd, Orillia; vice-president, Mrs. Arthur Rogers, Winnipeg; secretary, Dr. Tillman, London, Ont. The representatives of the different provinces are: Ontario, Dr. Tillman, London; Dr. Allen Brown, Toronto, and Miss Charlotte Whitton, Toronto; Quebec, Mr. J.

McBride, Miss H. R. Y. Reid, Montreal; Mde. Tessier, Montreal, and Mde. Lajoie, Montreal; P. E. I., Judge Hazzard; Nova Scotia, Mrs. Stewart, Grand Pre; New Brunswick. Mrs. T. B. Allan; Manitoba, Mrs. Arthur Rodgers, Winnipeg; Saskatchewan, Dr. Walker; Alberta, Mrs. Mewburn, Edmonton; B. C., Mrs. Flemming, Vancouver.

At this conference a number of resolutions were presented to the meeting. These were approved and referred either to the Dominion Council of Health or to the Provisional Executive or to both.

Among others the following may be mentioned:

(1) Plea for franking privileges for reporting marriages, births and deaths;

(2) Urging municipal registrations, compulsory within six months, of all births and deaths;

(3) Seeking government aid for public health nursing service in rural communities;

(4) Urging legislation to prevent the placing out of children in homes, etc., except through agencies authorized by the Provincial Governments;

(5) Dealing with shortage of nurses.

Reference was made, on several occasions, to the very valuable work done by the Child Welfare Section of the Canadian Public Health Association, and it is to be hoped that the formation of this new council will strengthen rather than weaken the great work of the Child Welfare Section of the C. P. H. A. for which the organization is so well equipped.

The Conference was invited to meet in Halifax in June, 1921.

An article from the department called Gleanings in the *Trained Nurse and Hospital Review,* Lakeside Publishing Co., New York, which I think would be valuable at this time is Cinnamon Oil in Influenza.

Oil of cinnamon has a very favorable effect on the temperature and shortens the convalescence period. Patients who usually suffer from marked asthenia for several days after an attack of influenza regain their strength very rapidly when treated with cinnamon oil, and are able to take up their occupations on the second or third day.

Twelve drops of cinnamon are given in half a tumblerful of water, and the dose is repeated one hour later; then ten drops are given regularly every two hours until the temperature has dropped to normal. When apyrexia is complete, ten drops should be given three times a day during the following 24 or 48 hours. When influenza is thus treated from the very outset, that is, within the first three or four hours, the temperature becomes normal within 12 hours; if the treatment is begun later, it may require 24 or 36 hours to obtain this result.—*Medical Press.*

Recruiting Pupil Nurses

We are indebted to Dr. Chas. H. Copp, Assistant Commissioner of the St. John Ambulance Brigade, for his very practical answer to our appeal to the Red Cross for aid in recruiting Student Nurses for Canadian Training Schools. On leaving the meeting of the Red Cross Advisory and Consultative Committee, at which the resolution dealing with the grave shortage of nurses was presented, Dr. Copp stated that on his return to Toronto he would be glad to get in touch with the thousands of young women of the brigade throughout the Dominion who were interested in public service, and as a result the following circular letter was sent out by him to the officers-in-charge of nursing divisions:

"It has been brought to our attention that at the present time there is a great need for graduate nurses, not only in the regular profession, but for public health service in Canada. So great is this need that I am writing you to ask you to place before the members of the Division the opportunities of the profession of nursing, emphasizing the country's need, and the splendid opportunity that is afforded to any young woman to express herself in a large life of service to suffering humanity.

"In our volunteer emergency organizations we have filled a place of satisfaction to those who have required our help, and I know a number of members have entered training schools to qualify for a professional career in the noblest profession women have entered.

"I would be very glad if you would send me the names of any members who have entered upon this course, also the names of any members who may be disposed to follow a similar course. The Commissioner has instructed that a register be kept of members of the brigade who enter the profession of nursing as a life work."

If any Canadian hospital experiencing a shortage of applicants to the training school will send on to the Secretary, Miss Frances Macmillan, Royal Alexandra Hospital, Edmonton, Alta., or, if near, to the undersigned, the name, location and name of superintendent of such hospitals, together with any particulars which might be of interest to prospective students, we shall be glad to ask Dr. Copp to direct to her nearest training school any applicant he may be fortunate enough to recruit.

Faithfully,

(Signed) E. MacP. DICKSON,
President C. N. A. T. N.

God has nothing to say to the self-righteous.—MOODY.

Heaven never helps the man who will not act.

British Empire Relief Fund Meeting

A banquet was held at the King Edward Hotel, Toronto, on Saturday, October 16th, by the Canadian Red Cross Society, at which Mr. Herbert Hoover, Food Controller for Central Europe, was the guest of honor. Mr. Hoover's visit was in connection with the appeal of the British Empire War Relief Fund, which the Canadian Red Cross has pledged itself to support. Mr. Noel Marshall presided at the dinner. The other speakers of the evening were Dr. Robertson and Major John L. Todd, M.D., of McGill University.

In introducing Mr. Hoover, Dr. J. W. Robertson referred to him as the most upright man he had ever known and one who has been responsible for saving millions of lives.

Mr. Hoover, in his opening remarks, paid a wonderful tribute to the sons of Canada for the sacrifice made during the war, after which he reminded his audience that he was here to plead the cause of the millions or starving children in Central Europe, those children who look up with their pale and sunken faces, and whose daily bread is that of affliction and sorrow; he said the greatest problem of the human heart to-day is that of the hungry women and children in Central Europe. Upon the well-being of those children must depend the future upbuilding of Europe, and at the present time there are millions of children dependent upon external assistance if they are to live. In the States of Central Europe there was not a sufficient reserve of milk and fats for the children; the work of the Food Commission had already prevented a famine. Mr. Hoover gave a brief account of the work of the Relief Commission and the responsibility of caring for 6,000,000 children at one time. In the summer of 1920 the Relief Commission of the Allied Governments had come to an end; since that time a volunteer organization had undertaken to carry on the work. This commission is composed of representatives of all the allied countries.

Mr. Hoover pointed out that the cost of caring for a child for one month only amounted to $3.00; with the winter coming on, $4,000,000 a month would be necessary to solve the problem of caring for three or four million children. This sum could not be considered a large one from the whole world; he felt that these children were an obligation to every man on the continent of America, as they have suffered less. He then appealed to their hearty co-operation in behalf of the sufferers.

An appeal on behalf of Poland was made by Mr. John L. Todd, of McGill University, who has been on an expedition to Poland for the study of typhus. Dr. Todd stated that at present there were 280,000 cases of typhus in Poland, and not one-fifth are recorded. Dr. Todd made a strong plea for the help of Poland; they needed to be helped, and even on the mercenary basis of trade it was abundantly worth while.

During Armistice week, November 8-15, an appeal on behalf of the Canadian Red Cross for the relief of the war sufferers of Europe, and the starving millions will be made.

About 300 guests were present at the banquet. A great many organizations were represented, and all seemed to be very much in sympathy with Mr. Hoover's mission.

The Canadian Nurses' Association and Register for Graduate Nurses, Montreal

President—Miss Phillips, 750 St. Urbain Street.
First Vice-President—Miss H. M. Dunlop, 209 Stanley Street.
Second Vice-President—Miss J. Craig, Western Hospital.
Secretary-Treasurer—Miss Susie Wilson, 638a Dorchester St., W.
Registrar—Mrs. Burch, 175 Mansfield Street.

At the October meeting of the association, the sum of $100.00 was voted towards the Canadian Nursing Mission to Roumania, and has since been forwarded to Madame Pontazzi, organizer of the Mission.

The association entertains the Mothers' Club of Griffen Town, on the first Friday of each month at 8 o'clock, in the Club room, Griffin Town. The convener, Miss Colley, and her committee will be very glad of the assistance of any nurses who are able to be present.

The sympathy of the association is extended to Mrs. Burch, our Registrar, who is a patient in the Western Hospital, suffering from a fractured hip, the result of a fall at her home, about a fortnight ago.

The association also extends sympathy to Miss Armstrong, who is a patient in the General Hospital, suffering from a fractured wrist, and to Miss Edith Conrad, who is a patient in the General Hospital.

Miss Stewart Galt, who has been visiting friends in Montreal, has returned to Toronto.

Miss Galt has been elected Assistant Secretary of the Canadian Nursing Mission to Roumania.

Miss Leila Teeter, H.S.C., Toronto, is spending the next few months in Montreal.

Miss Alice Grindlay, H.S.C., Toronto, is doing special nursing in Montreal.

The November meeting of the C. N. A. was held in the Club room on Tuesday evening, 2nd. After the transaction of usual business, the Rev. Dr. Symonds gave an interesting and instructive talk to the nurses.

Public Health Nursing Department

Address public health news items from each province to the following representatives:

Nova Scotia
Miss E. M. Pemberton,
Victoria General Hospital,
Halifax.

New Brunswick
Miss Sarah Brophy,
74 Carmarthen Street,
St. John, N.B.

Quebec

Ontario
Miss Eunice H. Dyke,
City Hall, Toronto.

Manitoba
Miss Elizabeth Russell,
Provincial Board of Health,
Winnipeg, Man.

Saskatchewan

Alberta
Miss Christine Smith,
Department of Public Health,
Province of Alberta,
Edmonton, Alta.

British Columbia

QUESTION BOX

Questions on public health subjects will be received by the Chairman of the Public Health Section of the Canadian National Association of Trained Nurses, Miss Eunice H. Dyke, City Hall, Toronto. Each question will be forwarded to nurses qualified to discuss the subject.

TWO WEEKS WITH THE TRAVELLING CARAVAN IN NOVA SCOTIA

It was my privilege to accompany Caravan No. 2, travelling North under the charge of Dr. J. A. Doull.

Arriving at New Glasgow on Saturday, July 24th, I was welcomed by the others of the party and taken to the home of Mr. J. H. Sinclair, M.P., where I was entertained over the week-end. On Sunday there were twenty-two talks given in New Glasgow and outlying districts, every audience being a large one. Among the speakers were Dr. Hattie, Dr. Doull, Dr. S. Walker, Dr. Ritchie, Dr. Royer, Col. Hayes, Miss Ross, Miss Graham and Miss Keating. The mass meeting in the theatre after church service was a very large one, and the talks, together with the films shown, emphasized the real object and importance of public health work. In the morning I had the opportunity of going through the hospital and the nurses' residence, both of which reflect credit on the town of New Glasgow. Motoring out to Trenton, where the Nova Scotia Steel Works and the Eastern Car Company's plants are situated, and then to the mining district of Stellarton, where miserable shacks and general overcrowding and the poor sanitation with these conditions shows a chance for the work of a public health nurse who could demonstrate the value of good food, fresh air and cleanliness, together with right living conditions.

There was a grand mustering of forces on Monday when the four ambulances and touring car started out for the little village of Blue Mountain, about 18 miles away. The school and hall combined was chosen for our operations. In the lower part the dental room and exhibits were located. The poster exhibit is excellent, coming in three sections—one on the care of the teeth, one on child welfare, and one on tuberculosis, and all so clear that the youngest and most ignorant could understand. The examining room and operating room were upstairs. Cots were unpacked, operating table prepared, baskets opened, separate spaces made by curtaining them off with sheets, and all water required carried from a neighboring farmhouse.

The next morning there was a busy scene when patients arrived. Five operations for tonsils and adenoids, three other slight operations, 30 dental cases and numerous chest examinations, and consultations formed the day's achievements. In the evening the patients were sent home in ambulances, and everything packed up for an early start the next day. The closing scene was a crowded church to see the "movies" and hear the addresses. Infants and old folks alike were there. One old man, nearing the nineties, sat near the front seat drinking in the whole performance. He had never seen a "movie" before. After the lecture he told Dr. Doull that he had seen nothing "immoral" about the pictures! There were many others to whom the films were a new experience, and much enjoyed. Surely the arrival of the Red Cross Caravan in Blue Mountain will be a red letter day for those who were there to see.

The next afternoon, in Antigonish, we found crowds of people had been waiting for hours, and many who had driven miles to meet us. That evening we unpacked and got ready for operating the next day, and were fortunate enough to get the Science building in St. Francis Xavier College, which proved an ideal place for us. In the morning, such a mob! Truly, a picture of the maimed, the halt and the blind—a picture long to be remembered. One was constantly reminded of the stories of Bible times when they all came to be healed. Some had to go away sorrowing—there was no help for them. But in the children, our future hope, lies our chance of preventing the repetition of this scene in years to come. Nine children were operated on for tonsils and adenoids, 52 dental patients, numerous examinations, consultations and advice. Local doctors and nurses gave their services, which helped greatly to make the day a success. The grand finale was a large mass meeting in the Celtic Hall Theatre, where films were shown and addresses given.

Immediately after lunch we set out for Mulgrave. The movie outfit and Dr. Doull stopped at Harbor au Bouche and gave a talk and show that evening to an interested audience. He also arranged for several of the children there to be driven to Mulgrave next morning to be operated

upon. The others of the Caravan arrived at Mulgrave in time for dinner at the hotel.

Here we used the G.W.V.A. Hall for operating. There was only the one room, and this had to be curtained with sheets to keep some privacy in the different departments. Water had to be carried up and down stairs, as at Blue Mountain; but our day was a full one. Seventeen operations for tonsils and adenoids, seven of these from Harbor Au Bouche, six of them belonging to one family, fifty-one dental operations, and numerous other chest examinations, consultations and treatments.

One very sad event occurred just as we had a lull in our operations. Dr. Brean brought in a little chap of nine years who had three fingers blown off with a dynamite cap. He was one of a family of nine. The father a labor man, the mother a hardworking woman. The mother, who knew we had some Red Cross linen to be laundered, kindly offered to do it for us on Sunday and would not accept any remuneration, she was so grateful to the Caravan for their help.

A rather amusing incident occurred in the chest room. An old man, nearing the age of seventy, was being examined, and, in course of the process, it was found that his teeth were badly discolored and decayed. When he was asked about them, he replied that he had taken a drink of iodine by mistake about twenty years before, and his teeth had been discolored ever since that time.

A large mass meeting was held in the Catholic Hall, with films and talks by the doctors. That same night a watch was kept over some of the patients, and in the morning they were safely taken to their homes in the ambulance. Sunday was a day of recuperation for most of us, but one of office work and business for the doctors. Speeches were given in three different churches, and two audiences were delightfully surprised by a solo from Mrs. Doull. Mrs. Doull also proved herself a true V.A.D. at Mulgrave. Two local nurses who offered their services could only remain until 11 a.m., and we would have been almost discouraged if Mrs. Doull had not bravely come to the rescue and helped us out.

Monday morning it was pouring rain and a dreary outlook. Part of the morning was spent in hunting a volunteer nurse to come with us to St. Peters. All the inducement we could offer was, "Come over to Macedonia and help us"—and she did it, with the same true spirit of a nurse.

Leaving Mulgrave by train, we arrived at St. Peters during a heavy rainstorm, shortly after the touring car had arrived; but, alas! the ambulance with the equipment and baggage was stuck half way, and immediate assistance was sent. They arrived some time in the "wee sma' hours."

We were comfortably billeted at different homes. The people there, as we had experienced all along the way, were very hospitable.

We had some difficulty in deciding on a good place for operation, but finally settled on the school building. Of course, some rude cleaning had to be done with sawdust brought from four miles distant before we could unpack. Finally, with everyone helping in good earnest, we had one room equipped for operating room, one for hospital, one for dentist and chest, divided by curtains, one for registration and waiting room, where the splendid poster exhibit was again displayed. We were also fortunate to secure the assistance of a local graduate nurse, who happened to be home on vacation, and was pleased to help us out. Two days were spent in St. Peters. Throngs of people came from far and near, almost a repetition of Antigonish. Sixteen operations for tonsils and adenoids were performed; over sixty were attended by dentist. A large showing of tuberculosis was found in the chest room, as in other counties. It was interesting to note the condition of the teeth, and how bad teeth in the majority of cases proved to be the cause of ill health. Several people were anaesthetised and all teeth extracted. One boy, about eighteen years of age, whose teeth were in a dreadful condition (pyorrhea, decay, and everything that goes to make for disease), had these all extracted, and a talk given that will probably be an influence for good, not only to one young man, but, through him, to many. One young woman, in contrast, had the loveliest set of teeth in her mouth I have ever seen. Of course, a few words of encouragement and advice was all she needed.

Two sad cases came to our notice while in St. Peters. One of these was a girl of fifteen years, totally blind; another was a child of two years, mentally deficient, of the Mongolian type.

Here again some of us had to keep vigil during the night, as patients living at a distance were not able to return home until morning. A dance was given by the hospitable people for all who could attend, at which there was great enjoyment and good cheer. Talks were given, but, unfortunately, the movie outfit went on strike, and, with all their efforts, had to be abandoned. The second evening a large mass meeting was held in St. Peters Hall, with speakers and films, which completed our work there. Next morning at 10 o'clock we were all off for Gabarus, a distance of fifty miles. We were preceded by Mr. McKay and his party, of the Cape Breton Children's Aid Society.

The little fishing village of Gabarus—the most isolated of any village visited during my two weeks—and yet kind and hospitable always. A steady, hard-working people, slow to adopt new ideas. Here the hall was prepared for us, and, with the kindly assistance of the Children's Aid Society, were soon able to present a comfortable looking hospital. Only three reported for operation for tonsils and adenoids, about thirty for dental treatment. It was interesting to note the curiosity displayed while we were preparing. It seemed cruel to turn them away, so they had the full benefit of the way to fit up a hospital in a hurry. One woman brought her child of four, believing it was dumb. On exam-

ination by Dr. Schwartz, it was found to be deaf, had probably always been so, and consequently could not know how to speak.

A large mass meeting was held in the evening, with speakers and movies of great interest to the people, a great many of whom had probably never seen a movie before. One old lady with whom I was billeted had never been in a motor. She had lost two sons in the war, was over sixty years of age, and working in the hayfields in the heat of the day. Her husband, also a fisherman, went out anywhere from midnight to 6 a.m. on his fishing excursions. It gave me great pleasure to see the old lady taken out for a spin around the village one afternoon after she had finished raking hay. In the evening everything was packed again for an early start.

Starting about 9.30 a.m., we arrived in Sydney without mishap at 1 p.m. All our Caravan had been redecorated for a grand entry into the city. Preceded by one of our Scouts, on a bicycle, we presented an interesting arrival, I am sure. Passing through the most important streets, we finally arrived at the Norfolk Hotel for lunch.

Too much credit cannot be given to the manager of the Caravan, in person of Dr. Doull. He is an enthusiastic, competent, untiring and sympathetic man, just the man in the right place, and through all the trying circumstances encouraging and inspiring to greater effort.

Throughout the two weeks spent with Caravan No. 2, I feel that a tremendous amount of good has been done and seed sown for future success in great amount. The Red Cross Society are to be congratulated on their pioneer peace-time work in the province.

* * * *

Nova Scotia

The wives of the members of the Massachusetts-Halifax Health Commission and a few others took tea recently with Miss Ross, the chief nurse, and the staff of the public health nurses at the health centre, Admiralty House. During the tea the general policy of public health teaching and public health nursing was discussed, and, at the request of the ladies, Miss Ross outlined the educational policy in considerable detail, as well as methods of interesting progressive citizens of Halifax and Dartmouth in the programme.

The nurses now employed at the health centre are Misses Mary A. Keating, C. M. Inglis, Margaret B. Fothergill, Alice M. Goddard, Katharine Graham, Flora Fraser and Maud Hill.

A great deal of interest is being taken in the clinics for babies, for tuberculosis, and the tonsil and adenoid clinics, and the public are beginning to watch with interest the development of plans for a pre-school age dental clinic and a pre-school age nutrition clinic.

The World's Pulse

By Elizabeth Robinson Scovil

Edith Cavell Memorial

On the fifth anniversary of the death of Edith Cavell, Princess Clementine of Belgium unveiled the memorial on the Thames Embankment, given by the people of Belgium to the British Nation. It represents Belgium as a woman, dressed in deep mourning, telling her children that Belgium will never forget their debt of gratitude to Britain.

The anniversary was observed in London as a memorial day in aid of the Edith Cavell Home of Rest for Nurses. Many wreaths were laid at the foot of her statue in Charing Cross Road.

Nurse Pioneers

It is stated in the English press that trained nurses representing Britain, the United States, Serbia, Canada, Portugal, France, Belgium, Denmark, Sweden, Switzerland, Venzuela, Peru, Poland, Czecho-Slovakia, Italy, Greece, Roumania and Russia, are taking a standardized course of study, practical and theoretical, in public welfare, at the King's College for Women, London. When it is completed, they will return with the support of their Red Cross societies and become pioneers in the work of the prevention of disease and the improvement of the public health.

The Future of Flying

Winston Churchill, British Secretary for War and Air, predicts a great future for flying. He says even a forceful navy is no substitute for a neglected air service. Airplanes with steam turbine engines, planes with an engine room like a ship's, to which the pilot would telephone his orders, airplanes flying with no pilot, directed by wireless, are all predicted. A London business man flew from London to Bucharest and returned in the same way; 420 miles of the journey was taken in one flight of five minutes less than four hours.

The Cause of Warm Autumn

The warm weather in October is said to be the result of the unusual alignment of the four planets — Jupiter, Uranus, Mars and Saturn. They were all in direct line with the earth for the first time in many centuries. The combined pull of these great bodies was considered certain to affect the earth's orbit. We might expect longer summers in the Northern Hemisphere and shorter in the Southern.

Treated by Wireless

The American Line steamer "S. Paul" received a wireless message from an American tramp steamer, the "Schroon," during an eastward bound trip. The message said one of the crew was suffering from pain in the right side and fever. The surgeon on the "S. Paul" diagnosed the case as appendicitis and prescribed by wireless. The steamers were in communication for four days, and at the end of that time the report was favorable.

Irvings on the Stage

Miss Elizabeth Irving, daughter of the late H. B. Irving, has appeared on the stage as "Titania" in the "Midsummer Night's Dream," at the Court Theatre, London; she has only just left school. This is the third generation of Irvings in theatrical life.

Medical Students

So great has been the rush of students at Edinburgh University, that many hundreds have had to be turned away from both medical and scientific branches. It is said that most striking of all developments in modern medicine is the desire to meet disease before it obtains its hold on people, and to find out when it is that the human body lays itself open to attack. There are 90 new women students at the London School of Medicine, many of them being women who have done war work.

Collision Impossible

It is said that a device has been perfected for rendering collisions between trains impossible. During the trial a passenger train was run at full speed past signals which were set against it, only to be pulled up at a given point by an automatic agency. It is an electric brake device on the engine, which is set in motion by a short third rail laid down at intervals along the track.

A Statue of Washington

A statue of Washington, presented to the British public by the State of Virginia, is to be placed near the Natural History Museum, London.

It is a well-known fact that the recent war has brought forth conditions in the nation such as in normal times would never have been dreamed of. We have been taught the great value of co-operation as shown by the accomplishment of the Allied armies, and it is now up to us to apply this lesson of co-operation to other activities of life.

Perhaps nowhere has a greater change been wrought than that experienced in the field of medicine. Human life, formerly thrown ruthlessly into the garbage pile, has finally reached its correct evaluation and has come to be regarded as a thing which must be conserved and strengthened at all costs.

Department of Nursing Education

Conducted by the Canadian Association of Nursing Education

DALHOUSIE UNIVERSITY, HALIFAX, N. S.

Public Health Nursing Course.

General Statement.

In order to provide graduate nurses with an opportunity of preparing themselves for work in the rapidly developing field of public health, and particularly to assist the Canadian Red Cross Society in carrying out its policy of endeavouring to offset the wastage in human life occasioned by the war, a course in Public Health Nursing has been arranged by the University, in co-operation with the Victorian Order of Nurses and with the public health, charitable and philanthropic organizations in Halifax and Dartmouth.

The inauguration of this course at the present time has been made possible by the generous action of the (Nova Scotia) Provincial Branch of the Canadian Red Cross Society in providing scholarships of the value of $200.00 each, available to twenty candidates.

The programme which has been arranged is intended to give a comprehensive grasp of the problems involved in public health nursing. In the theoretical teaching the lectures will be given mainly by members of the teaching staff of the Faculty of Medicine. The opportunities for practical field work in Halifax and Dartmouth are many and varied, and will be utilized to the fullest extent. The scope of the course is fully outlined below.

Requirements for Admisson.

Candidates must not only be graduates of schools for nursing which are acceptable to the University, but must give evidence of satisfactory preliminary education, of good moral character, and of good general health.

Preliminary Education.—Candidates will be required to submit credentials equivalent to a pass certificate in Grade XI. high school work in Nova Scotia, or to write an essay on a subject allotted by the Credentials Committee, and designed to enable the candidate to show her proficiency in expressing her ideas, her knowledge of social problems and the general character of her education.

Professional Training.—None but graduate nurses will be admitted to the course. Satisfactory evidence must be submitted of having completed a course of training covering a period of at least two full years in a hospital maintaining bed services for surgical and medical cases and admitting children to both services, and also an obstetrical department (or affiliation with a hospital maintaining such service), and requiring a course of study including class room work in anatomy, physiology, materia medica, ethics of nursing, bandaging and fracture dressing, surgical technique, infant feeding, maternity nursing (including prenatal and postnatal care), and contagious diseases.

The Credentials Committee will examine the certificate of graduation from the candidate's training school and will take into consideration the course of training given. The certificate should be accompanied by a recent report of the hospital in which is outlined the course given to nurses in training. An essay may be required on a subject to be determined by the committee, which must be worded so as to indicate the breadth of the candidate's education as a nurse. Where evidence is lacking concerning the details of the course given in the hospital in which the candidate has been trained, a written examination may be exacted covering the problems of medical, surgical and maternity nursing.

Nurses who have been trained in hospitals which do not maintain maternity and children's services will be admitted to the course, but the certificate will be withheld until a training in maternity and child nursing has been secured to the satisfaction of those in charge of the course.

Applicants from Provinces or States which maintain a system for registering nurses must give satisfactory evidence of having such registration before being admitted to the course.

Certificate.

Upon completion of the prescribed course, candidates will be examined on the work covered, and those who are successful will be awarded certificates.

Fees and Expenses.

The only Fee is for tuition. This is $25.00. The necessary text books will cost approximately $10.00. The cost of lodging and board must be borne by the candidate.

Time Table.

After 12 weeks of didactic instruction, Monday afternoon excursions will begin.

The following schedule is arranged for the Miscellaneous Courses:—

First—Those conducted on Tuesdays, 4.30 to 5.15 p.m.

Social Hygiene—6 periods, March 23rd to April 27th, inclusive.
Federal Quarantine—1 period, May 4th.
Immigration—1 period, May 11th.
Home Nursing—1 period, May 18th.

First Aid Teaching—1 period, May 25th.
Soldiers' Civil Re-establishment—2 periods, June 1st and June 8th.
Pedagogics—2 periods, June 15th and June 22nd.

Second—Those conducted on Wednesdays, 3.45 to 4.30 p.m.

Mental Hygiene—8 periods, March 24th to May 12th, inclusive.
Industrial Hygiene—6 periods, May 19th to June 23rd, inclusive.

NOTE.—Practical Field Work will be given six mornings each week.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
3.00 to 3.45	Hygiene and Preventive Medicine 18 weeks	Hygiene and Preventive Medicine 12 weeks Tubercul'sis 6 weeks	Pathology and Bacteriology Lectures and Laboratory 10 weeks Vital Statistics 8 weeks	Tubercul'sis 18 weeks	Pathology and Bacteriology Lectures and Laboratory 10 weeks District Nursing 6 weeks
3.45 to 4.30	Social Service 18 weeks	District Nursing 18 weeks	Miscel-laneous courses 18 weeks	Child Hygiene 12 weeks Public Health Education 6 weeks	Child Hygiene 12 weeks Public Health Education 6 weeks
4.30 to 5.15	Pre-Natal Maternity and Post Natal Nursing 12 weeks Excursions	Miscel-laneous courses 18 weeks	Housing in Relation to Health 16 weeks	Social Service 6 weeks Household Economics 12 weeks	Pre-Natal Maternity and Post Natal Nursing 12 weeks
5.15 to 6.00		Physiology 10 weeks	History of Public Health Nursing 8 weeks	Physiology 6 weeks	

B. Practical Work.

An average of three house' practical work will be given in health centres and in the field with nurses or social workers, for six days each week for a period of eighteen weeks. The remaining six weeks will be entirely devoted to field and sanatorium work.

One or two mornings each week—

School medical inspection service.
Victorian Order District Work.
Visiting homes of tuberculosis.
Social service field work.

Two periods each week in health centres—

Prenatal clinics.
Baby clinics.
Pre-school-age clinics.
Dental clinics.
Eye, ear, nose and throat clinics.
Tuberculosis clinics.
Venereal disease clinics.

Excursions (one to three visits) to the following institutions—

The Provincial Health Department.
City Health Department.
Deputy Registrar-General's Office.
Workmen's Compensation Board.
Provincial Legislature in session.
City Council in session.
Juvenile Court.
Association for the relief of the poor.
Society for prevention of cruelty.
Children's Aid Society.
Superintendent neglected and delinquent children.
St. Patrick's Home for Boys.
Halifax City Home.
Halifax Infants' Home.
Home of the Guardian Angel.
Monastery of the Good Shepherd.
Jost Mission.
I. O. D. E. Home School for feeble-minded children.
Nova Scotia Hospital (for the insane).
School for the Blind.
School for the Deaf.
Halifax Industrial School.
Community House.
Recreation centres and play grounds.
Red Cross Headquarters.
Manufacturing establishments.
Milk Pasteurizing Plant.
City Incinerator.
Halifax Relief Commission.
New Housing Area, Halifax.
Model Area, Imperoyal.

ONE OF FLORENCE NIGHTINGALE'S SAYINGS

Every woman, or, at least, almost every woman, has, at one time or another of her life, charge of the personal health of somebody, whether child or invalid; in other words, every woman is a nurse. Everyday sanitary knowledge, or the knowledge of nursing, or, in other words, of how to put the constitution in such a state so that it will have no disease, or that it can recover from disease, takes a higher place. It is recognized as the knowledge every one ought to have—distinct from medical knowledge, which only a profession can have. If, then, every woman must, at some time or other in her life, become a nurse, i.e., have charge of somebody's health, how important and how valuable would be the product of her united experience if every woman would think how to nurse.

Canadian Army Medical Nursing Service Department

Matron B. J. Willoughby, O.B.E., R.R.C., has accepted the appointment of superintendent of the training school, Children's Memorial Hospital, Montreal.

Congratulations to Mrs. Gordon Weir (nee Nursing Sister Freda Taylor) upon the birth of her second daughter.

Nursing Sister Allie Matheson is engaged in public health work in New York City, and writes that she finds the work most interesting and satisfying.

Nursing Sister M. M. Abernethy has received an appointment with the Mothers' Pension Committee.

Nursing Sister L. L. Gillis returned to England a short time ago to marry Major Cumberlege. Mr. and Mrs. Cumberlege are resident in London.

Dr. and Mrs. Jack Willoughby (nee Nursing Sister F. M. McCallum, A.R.R.C.) have removed to Napanee, Ontario.

Sympathy is extended to Matron M. Goodeve, R.R.C., upon the death of her father, A. S. Goodeve, Eeq.

The following is substituted for the paragraph concerning the subject which appeared in the November issue:

The following members of the Reserve of Officers have received appointments as Nursing Sisters in the R.C.A.M.C.:

Matron—Miss E. F. Pense, A.R.R.C. and R.R.C.

Nursing Sister—Miss F. H. Wylie, A.R.R.C. and R.R.C.

Matron—Miss L. G. Squire, A.R.R.C. and R.R.C.

Nursing Sister—Miss L. C. Savard.

Nursing Sister—Miss R. B. Wurtele (seconded to the Royal Military College).

CHRISTMAS IN FRANCE, 1916

By H. M. D.

"Sister."

"Yes, Johnston."

"Do you know to-morrow's Christmas Eve?"

We both looked up from our work of checking off a list of the

men's names. Did we know it! There was very little else had entered our heads since the first of December, and we seemed to live in a whirl of decorations, trips to Paris Plage for more tissue paper, and heated discussions with the quartermaster-sergeant as to how much stout we could accumulate for Christmas Day. Outside, the snow drifted in idle flurries, and a long cold draught from a crack in the door swept under our feet; but the fire crackled merrily in the little stove, and the up-patients told jokes and cut up silver paper into quaint devices as they sat on the foot of their beds—just like a crowd of children, delighted with anything that would break the long monotony of a convalescence in France.

"Sister."

"Yes, Johnston."

"If you'll give me a knife, and don't say nothin', I can get you some swell greens." Johnston, being an old naval man, rather fancied himself as a decorator.

"But, Johnston, what if the Colonel sees you? You know we mustn't cut the trees 'round here." We asked rather doubtfully, though yearning for a little fir tree, dozens of which clustered on the top of the long sand ridges behind the hospital. Johnston smiled patronizingly. Not for nothing had he served twenty years in the Senior Service, and what he didn't know about evading the accusing eye of the Colonel was evidently not worth knowing; so we gave him our blessing and the bread-knife, and he, with two other kindred souls, slipped into their caps, and stole quickly out into the dusk. The decorating fatigue party sat cross-legged on the floor, cutting red tissue paper into full yard lengths, while the bed patients offered gratuitous advice, and we all balanced on stepladders, covering the rafters with gay festoons and shading the lights with red and silver, 'till the long, low-ceilinged ward looked so Christmasy that even the most unenthusiastic Jock condescended to remark, "It's no' so bad," without being pressed.

The door opened, bringing with it a gust of snow, and a cheerful voice called:

"Hi, Sister, practice for the carols at 8 p.m. sharp in the church hut."

"All right, Corporal," we called back. "What do you think of our ward?"

"Swell!" And the door banged to, as he continued his rounds.

Soon it opened cautiously, and, headed by the Nautical Johnston, in came the marauders, laden with greens, and, carried cautiously by a lanky Australian, a little fir tree. Great enthusiasm from everybody. Soon the windows were piled with holly—the rafters were wreathed with evergreen, and the great question was, how to stand up the tree. After great discussion, a Red Cross box was requisitioned, covered with red calico from the Matron's office, and, by the united aid of both the Army and the Navy, and advice galore from every man in the ward,

our Christmas tree was raised proudly in our midst, and lovingly trimmed by all available hands. Like youngsters, the men surveyed their work, touching the little tinsel balls with gentle hands, and grinning, half embarrassed, at each other as they pinned on the great silver star—thinking, probably, of the homes in England, where the children's festal day would be held without them.

It was quite dark as, after mess, we scurried up to choir practice in the church hut that stood at the very back of the great expanse of huts that formed one of the largest general hospitals in France. "Good King Wencelas" was in full swing, with the Sergeant conducting—possibly with more energy than music. One by one the choir drifted in, wiping the slush off its boots—Sisters, orderlies, two or three M.O.'s from the mess, and the best tenor of all from the cookhouse, who came in late, with a gentle odor of McConachie about his person. Everybody was happy and busy, full of plans for to-morrow, last cakes to be bought, packages to be tied up, and the one burning question, "Have all the stockings arrived?" As a choir, musically, we were lacking; but if energy and good-will counted for anything, we were brimful, and at 9 p.m., as we dispersed back to the mess, humming, "Oh, come, all ye faithful," there were no happier Sisters in France.

Christmas Eve in Etaples. Who could forget the long ride through the Paris Plage woods in the ambulance, the snow lying deep and slushy on the dark road. Up through the murky town, with its narrow streets and glimmering lights; past the quay, from where across the water we could see the tall lighthouses, like beacons in a mist; up under the railway bridge, and into the great hospital camp, where the troops tramped stoically through the mud, stopping at last at the long low hut from whose open doorway gleamed the hospitable warmth of the Sisters' Mess. Inside all was confusion and laughter; the mail from home was just in; the decoration committee was hard at work; the Flying Corps was paying a festal call, and hoping it would be invited to stay; the fattest Sister had just fallen off a stepladder and was declaring herself a casualty, while the remainder chatted 'round the fire, nursing the Mess kitten and opening the beloved Canadian mail.

About 10 o'clock the day Sisters pulled on their sweater coats and slipped across the snowy road to the hospital, where, by the cookhouse, the little choir met. With much mirth and many stumbles over firepails and guy ropes, we crept around to the big surgical hut, where all was quiet, and sang the old familiar carols that everybody knew and cried—"Christians, Awake, Salute the Happy Morn," and "Hark, the Herald Angels Sing." From hut to hut we went, the night Sisters opening each door to let the music in, giving a passing glimpse of the dark wards with the swinging light and the long rows of huddled figures. Here and there a head would lift itself and then drop again.

"It's a bit like 'ome—them hymns an' all," said an old Tommy,

wistfully. And that was all we could do, bring a little of the homeland into the lives of those who might never see it again.

No faces were brighter than those of the boys as we came on the wards from early service on Christmas Day. Shouts of mirth, tin horns blowing, crackers bursting, and everybody waving socks, ties, or some other treasure that the old Limestone City had sent over—for the long-expected stockings had arrived, and hung, with delightful and mysterious bulges in the toes and heels, at the foot of each bed.

"Merry Christmas, Sister."

"Many of 'em, Sister."

"Hi, Sister, these socks is too small for me. Can I change 'em with Jock here?"

"Say, Sister, who sent all this? Some friend, eh?"

Frantic hand-shakings with every man, funny little presents from many—a silk handkerchief with a picture of Ypres in flames in one corner, a gay postcard with "Mille embracement," embroidered in red and yellow; a Mills bomb, tactfully presented by a good-looking bomber; a bit of heather from Jock, and a box of chocolates from the orderly, who, being overcome with embarrassment and blushes, laid it on the coal scuttle and hastily disappeared.

Ten o'clock saw the ward clean and ready for daily inspection. Matron was the first visitor, with a smile for everyone, admiring the decorations, chatting with each patient, and discussing weighty problems regarding stout and turkey with Sister. Then came the "Ward, 'Shun!" and in came the Colonel, with a cheery word for everyone, and his eyes closed to everything but the gaiety of the festive season. The great event of the day was, of course, dinner, and great were the preparations. We pulled out the trestle tables, so that they ran down the centre of the forty-bed ward, covered them with sheets, assisted by the Padre, who insisted that laying tables was his strong point, and decorated them with gayest of red streamers from corner to corner. How the boys loved it! Scampering to and fro from Matron's office with feast supplies of nuts and raisins, raiding the stores for an extra scuttle of coal, and generally getting in everyone's way, but happy as possible.

"Say, Sister, the primus has busted itself." Instant depression settled on the nursing staff, for who has not worked despairingly at a primus when the coal stove was smoking, and there was water to be boiled. However, the two Jocks, who were head cook and bottlewasher respectively in the kitchen, and who lived, we might add, in a constant state of altercation with each other, at once came to the rescue, and sat themselves on a bench, with the wretched primus between them. After an hour of strenuous cleaning and pumping, and much head-shaking, Jock No. 1 suddenly remarked, "Are ye sure that it's oil and no' furniture polish that's in it? The bottles is a' alike."

"A' canna say; a' didna fill it."

"Ye did. A' saw ye."

Instant combat was only averted by the call to dinner. Never did cookhouse sound more welcome to the agitated Sister.

Visions of Christmas dinner at home were before everyone's eyes, as they pulled out the benches and sat themselves down at the long table, where the candles in their little red shades burned merrily, and the M.O. carved the turkey, and the Sisters opened stout bottles with an ease and accuracy that drew admiration from even the most temperate Scot.

"Gi'e us some of the puddin' sauce, Bill. It's got a wee taste of hame."

"It's more than we'd have got up the line, eh?" This from a lantern-jawed Australian.

"Yes; and having the Sisters is always pleasant," added the little Welchman in the corner. We bowed politely, if a bit wearily; but it had really been lovely, the boys had helped so willingly and with such grateful faces that every bit had been a pleasure.

But our leanest Jock was getting slowly and solemnly up on his long legs, urged thereto by sundry shoves and pushes from his neighbors, and, lifting his mug of stout in one hand, and clutching the table with the other, he spoke haltingly:

"I have been asked by these ither gentlemen present to thank ye all, the doctor and the Sister especially, for yer kindly thought of us this Christmas." Here ensued a long and embarrassing pause, while Jock searched painfully in his pocket for his speech, evidently mislaid for the moment.

"Go on; ye're doin' fine." This in a husky whisper from a nearby neighbor. And Jock continued with an extempore conclusion:

"An' we'd like to say that, next to bein' home, this is just the best place ever." And sat thankfully down, covering his blushes in a bowl of steaming coffee.

Dusk settled down on the ward; the candles on the little tree, lovingly guarded by the troops, twinkled merrily through the twilight of the dim afternoon; a fresh scuttle of coal set the fire leaping merrily; and everybody settled down to a quiet pipe, with that comfortable after-dinner feeling, while Sister departed to don a fresh veil for Mess dinner and the Christmas concert afterwards.

Christmas Day this year will be spent at home, but the memory of those other days will be with us still. To most of the world, the war is over and the general feeling is to forget it; but to those who lived and worked in the stress of those bitter days in France, and who saw the heroism and pathetic endurance of the men, the remembrance is a very proud one.

"The tumult and the shouting dies,
The Captains and the Kings depart.
Lord God of Hosts, be with us yet,
Let we forget, lest we forget."

Hospitals and Nurses

NOVA SCOTIA

Halifax

Assisted by a loan from the Federal Government and a grant from the Red Cross, a local society, known as the "Creche Committee," organized, during the period of the war, to greet, dispense hospitality and to provide comforts for the wives and children of our overseas troops upon their arrival at Halifax.

The Creche accommodation with the comfortable tea and rest rooms at Pier II., as well as the wonderful work accomplished by this voluntary association, under the presidency of Mrs. J. G. MacDougall, will be long remembered by war veterans and their families.

The balance of the fund for this undertaking, supplemented by private contributions from the committee, will now be devoted to the five years' endowment of a cot in the Halifax Children's Hospital, which will be reserved for the use of any child or orphan of a Canadian soldier.

Victoria General Hospital

The following class of nurses graduated this month: Miss Margaret MacIsaac, Miss Rhea Conrad, Miss Agnes McKay, Miss Lily MacKenzie, Miss Clara Otto.

Miss Alma Gilgour, who has been on extended leave, has resumed her duties as operating-room supervisor.

Miss Annie Brunt is at present in charge of the operating-room at the Dawson Memorial Hospital, Lumbey, which was opened this summer under the supervision of Mrs. MacCaush.

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QUEBEC.

The annual meeting of the Jeffery Hales Hospital A. A. took place Nov. 1st in the nurses' home of the hospital. After the business meeting, Dr. Oscar Thomson of China gave a very interesting address, illustrated with some excellent photographs. The following are the officers for the ensuing year: President, Miss S. Imrie; first vice-president, Miss D. F. Ford; second vice-president, Miss MacKeddie; treasurer, Mrs. S. Lemesurier; secretary, Miss Una Gale; concillors, Misses D. Ross, H. MacKay, C. Kennedy, E. Lenfesty, I. Fellows, and Mrs. M. Craig; representative for "Canadian Nurse," Miss S. M. Jamieson.

The following nurses recently graduated: Misses Amy Ambridge, Eleanor Haliburton, Violet Horner, Myrtle Galbraith, Laura Longmoore.

Miss Louise Caron has been appointed Superintendent of Nurses, General Hospital, Shawinigan Falls, Que.

Miss Margaret Wilson has charge of the operating department and X-ray in the same hospital.

Miss Gladys Huntley has accepted a position in the General Hospital, Lachine.

Miss May Lunnan has the appointment as nurse for the students at Macdonald College.

Miss Doris Ross and Miss E. Glass have severed their connection with the staff of the Jeffery Hales Hospital.

The above hospital has been recently accepted by the hospital standardization committee as a Class 1 Hospital, which is gratifying to all interested in its welfare.

Dr. Grenfell and Dr. Margaret O'Hara gave addresses at different times in October, and reviewed the work done in Labrador and India; both emphasized the need of nurses for these fields of work, and the opportunities for service.

* * * *

ONTARIO.

Toronto.

Three generations of women devoted to good works met in the Nurses' Residence of the Toronto General Hospital on Saturday, Nov. 13th, when the Nurses' Alumnae Association met to keep Miss Snively's birthday.

On December 1st, 1884, Miss Snively saw her idea, a training school for nurses, launched on its beneficient career, and surrounding her on Saturday were the first graduates from that school—Miss Underhill, later superintendent of the Sick Children's Hospital; Mrs. J. W. S. McCullough, whose daughter is now a head nurse in the T. G. H.; and Mrs. Aubin and Mrs. George H. Acheson, both of whom have daughters now in training for their own great profession.

Miss Gunn, Superintendent of the T. G. H., received the guests on Saturday, assisted by Miss E. Dickson, president of the Alumnae. The rooms were filled with flowers and the tea table, which was presided over by Mrs. Arthur Paffard and Miss Alice Scott, was decked with mauve chrysanthemums in brass shell cases, the lovely blooms being added to the gifts which the party's raison d'etre carried home. The tea assistants included Mrs. Mill Pellatt; Miss Laing, the convener of the social activities of the Alumnae; and Mrs. Cadenhead, and the guests numbered about 250.

Requiem Mass for deceased members of St. Michael's Hospital Alumnae was celebrated in the Hospital Chapel on Nov. 15th. The choir rendered special music on this occasion.

Miss May Ingham, late of the staff of the Hospital for Sick Children, Toronto, has accepted a position at the Calgary General Hospital

Miss Helen Drummond, late of the C. A. M. C., has accepted a position on the staff of the Hospital for Sick Children.

The staff of the H. S. C. have a most enjoyable dance at the Nurses' Residence for the coming graduating class.

Miss Netta Hames (H. S. C.) is now on the staff of the Public Health Department, Toronto, as is also Miss Edna Moore (T. G. H.), who was for four years overseas connected with No. 4 Canadian General Hospital, and since her return has been with the S. C. R. and was awarded the R. R. C. 2nd Class.

Miss Mary E. Stuart (T. G. H.) has resigned her position as Superintendent of the Municipal Hospital, Prince Albert, and is taking a post-graduate course in New York.

Cornwall.

The Alumnae Association of Cornwall General Hospital was organized April 23rd, 1920. The following are the officers for 1920-1921: Hon. president, Miss L. Whiting; president, Miss E. L. Cass; first vice-president, Miss L. McLean; second vice-president, Mrs. H. S. Brown; secretary, Miss M. Bolton; treasurer, Miss M. Hill. Meetings 2 p.m. first Friday in month at Nurses' Residence.

Chatham.

The sixth annual meeting of St. Joseph's Hospital A. A. was held June 30th, the president, Mrs. Wildgren, in the chair. After the business meeting, an address was given by Dr. R. V. Bray, and a round table discussion, which was conducted by Mrs. T. E. Durocher, both of which were much appreciated. After the election of officers, a buffet lunch was served by the pupils of the hospital. The following are the new officers for 1920-21: Hon. president, Rev. Mother Regis; president, Miss E. Belleperche; first vice-president, Miss Lois Speaks; secretary-treasurer, Miss Angela McIngargy; "Canadian Nurse" representative, Miss E. Reigling. Four graduates of the school, who came from Detroit and Windsor for the meeting, were entertained by Mrs. J. A. Reid at the home of her mother, Mrs. C. Jenner.

London.

Misses Mena Hamson and Ada Barons represented the G. H. A. O. at the Conference of Public Health and Child Welfare held in Toronto, when Dr. McCullough, P. H. O., addressed the nurses.

Among the pre-nuptial functions given for Miss Ada Nash, who recently married Mr. A. P. Stevens of Detroit, was a shower given by Miss Anderson, when the guests were members of the Class of 1918, Victoria Hospital, London, of which the guest of honor was also a member.

A large and enthusiastic meeting of the Victoria Hospital A. A. was held Oct. 5th. Registration regulations in Ontario having recently been arranged for, the report of Mrs. Joseph on "Registration of Nurses" brought out a tribute to those nurses of the Legislative Committee who

have worked so hard to bring about this desired result. A special appeal was made by the president for the "Canadian Nurse" magazine and all were asked to subscribe for and support the magazine, which contains items of interest from various sources, highly instructive and entertaining—a mental tonic to every graduate nurse.

A bazaar will be held later, under the convenorship of Miss Dean, in aid of the War Memorial Hospital for Children, to be erected in London shortly.

The St. Joseph's Hospital A. A. entertained their friends Oct. 20th in St. Peter's Parish Hall, the guests being received by the president, Mrs. Stuart Wilson, and the vice-president, Mrs. Walcott. Dr. and Mrs. Crane were also present, to whom the members are indebted for many kindnesses. They were assisted by the members of the committee, who welcomed the guests in a cordial manner. Music, cards and dancing gave varied entertainment to all, after which supper was served, bringing to an end a most pleasant evening. At the October meeting, Dr. Hill, of the Institute of Public Health, gave a most interesting address on "Newer Ideas of Fumigation." During the year addresses from Prof. L. A. Wood, Prof. A. D. Robertson, Drs. F. G. Banting, Grant and Loney are promised for the meetings of the association.

Belleville.

The annual meeting of the Belleville General Hospital A. A. was held Nov. 2nd at the hospital. An interesting talk was given by Miss Osborne, of the Ontario Provincial Board of Health and Child Welfare work.

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MANITOBA.

Brandon.

The Graduate Nurses' Association had the pleasure recently, after a business meeting, of listening to Dr. Barragar, of the Brandon Mental Hospital, when he spoke to them of the great need for careful and competent nursing of the insane and borderland cases. He felt that there was great need for the education of the medical and nursing professions in the care of these mental cases. A most delightful "Hallowe'en" party was held in the Nurses' Residence and was a worthy successor to the old-time frolics. After dancing, a supper was provided, and prizes given for the most original costumes at the dance.

* * * *

BRITISH COLUMBIA.

Miss Eva Blygh, graduate of Calgary General Hospital, has accepted the position of Superintendent of Nurses at Hazelton General Hospital, Hazelton, B. C.

The course of Public Health Nursing (Introductory), which was

recently started at the University of British Columbia, Vancouver, has 27 pupils enrolled.

Miss Frances Macmillan, Secretary of the C. N. A. T. N. and Superintendent of Nurses, Royal Alexandra Hospital, Edmonton, is spending her holidays in British Columbia.

At the last regular meeting of the Vancouver G. N. A., held Wednesday, December 1st, Mr. Ivan Serge addressed the association on "After-War Conditions in Europe," speaking particularly of the typhus epidemic which is raging there, the need for relief this coming winter for the thousands of children and war refugees, and the work being accomplished by the Red Cross. Mr. Serge specially mentioned the notable work of nurses, particularly in Russia, Siberia and Serbia, whose names will be long remembered by the people there.

There was a large attendance of members and several visitors, who all enjoyed the inspiring talk. After a cup of tea had been enjoyed, a short business meeting was held. One question discussed was the question of assessment of ten cents per member for the McGill Scholarship, being one plan suggested by the C. N. A. T. N. It was felt that the association would endorse this and be willing to contribute that amount. A committee was formed to obtain subscriptions and help for the "Canadian Nurse" magazine for the coming year.

The sum of about $250.00 was raised at a dance given in October by the Alumnae Association of St. Joseph's Hospital, Victoria, towards their sick benefit fund.

At the meeting of the Victoria G. N. A., several new members were enrolled and others proposed for membership. Miss Tolmie reported on the quarterly meeting of the Graduate Nurses of British Columbia and of the suggested plan to establish a scholarship for post-graduates in McGill University. They also listened with interest to the account of the escape from Russian Bolshevists after five years in Russia. It has been nearly two years since she has been able to communicate with her relatives in England.

Five graduates of the Royal Jubilee Hospital, Victoria, Misses Harmon, Griffith, Taylor, Buckley and Bowman, are taking the first course in public health nursing at the University of British Columbia, Vancouver.

Miss George Smith, graduate of St. Joseph's Hospital, Victoria, has been appointed superintendent of the Campbell River General Hospital.

BIRTHS.

Broder—On Sept. 22nd, 1920, to Mr. and Mrs. Wm. Broder, a son, William Andrew. Mrs. Broder was Ella Bolton, Graduate Cornwall General Hospital, Cornwall, Ont.

BECK—November 29th, at V.G.H., Mrs. Alex. Beck (Edith M. Paterson, W.G.H., 1915), a daughter, Elizabeth May.

DOOLEY—On October 3rd, 1920, to Mr. and Mrs. J. Dooley (H. Dalgleish, Jeffery Hales Hospital, Quebec, 1917), a son.

NAYLOR—On Sunday, November 21st, 1920, at Private Patients' Pavilion, T. G. H., to Mr. and Mrs. W. Willis Naylor, of 307 Kendal Avenue, Toronto, a daughter. Mrs. Naylor was Miss Grace Brown, Class 1909, T. G. H.

RIDEWOOD—At St. Joseph's Hospital, Victoria, B. C., November 9th, to Dr. and Mrs. H. E. Ridewood, a son. Mrs. Ridewood was Miss Mary Medd, of St. Joseph's Hospital.

WETMORE—At the V.G.H., November 19th, Mrs. W. L. Wetmore (Mabel McTaggart, V.G.H., '09), a son.

MARRIAGES.

BLANTFORD-THOMSON—At Grand Rapids, Mich., Nov. 10th, 1920, Margaret Templeton Thomson (T. G. H. 1919), to Douglas Blantford, of London, Ont. They will reside in Moose Jaw, Sask.

DUNCAN-SAMSON—At the residence of Prof. G. A. Cornish, Toronto, Minnie E. Samson (Class 1907, T. G. H.) to Mr. E. B. J. Duncan.

GRAFFTEY-MITCHELL — In Montreal, October, 1920, at Oliver Baptist Church, Imerle, daughter of Mr. and Mrs. John Mitchell, Waupoos, Ont., to Mr. Stewart Gafftey, Westmount. Mrs. Gafftey is a graduate of the Toronto General Hospital, 1919.

JAMES-PEARS—At Toronto, Ont., Sept. 15th, 1920, Annie Kathleen Pears (H. S. C., 1917) to Arthur James.

LEMESURIER-MATTHEWS — In Quebec, Sept. 15th, 1920, Grace Matthews (J. H. H., 1914), to Mr. Sidney Lemesurier.

ROBERTSON-ROOKE—At Toronto, Ont., May 25th, 1920, Glenna Rooke (H. S. C., 1917) to Murray Robertson.

WOODWORTH-PAWRY—Recently, at The Chalet, Deep Bay, B. C., by the Rev. Dr. Campbell, Mrs. Margaret Pollock Lawry to Mr. Cyril Clifford Woodworth. Mrs. Woodworth (Margaret Pollock Nimmo) is a graduate of the Royal Jubilee Hospital, Victoria.

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Regular Meeting on the first Tuesday of every month, at 3.30 p.m., in the Nurses' Residence.

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